

Sutton St James Community Primary School		PE		Lower Key Stage 2 (Year B)		
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Overarching theme:</b>	<b>Extreme Planet</b>		<b>All Wrapped Up</b>		<b>Fantastic</b>	
<b>Year Group Events:</b>	Green Britain eco centre, Swaffham		History Off the Page – Egyptian Day Fitzwilliam Museum Cambridge		Whicken Fen/ Welney Marsh	
<b>Suggested Books/Videos:</b>	Extreme Planet series Horrible Geography Dante's Peak Ice Age Giuseppe Arcimboldo Christmas –Michael Morpurgo		Indiana Jones Terry Deary –Horrible Histories Ancient Egyptians The Pyramid Incident –Terrance Dicks Jeremy Strong There's a Pharaoh in our bath Antony and Cleopatra-Shakespeare The Helpful Hieroglyph –Philip Wooderson		Constable Famous Five Coast /Marsh Adventure Harry the Poisonous Centipede's Big Adventure Lynn Reid Banks Dick King Smith stories - The Fox Busters	
<b><u>Purpose</u></b>	We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. Our scheme of work provides opportunities for pupils to become physically confident in a way which supports their health and fitness. All pupils, regardless of ability will be given opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect. We offer a broad range of physical activities to help children find ways to move that they enjoy and may want to pursue in later life.					
<b>PE</b>	<b><u>Knowledge (National Curriculum)</u></b>	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Perform dances using a range of movement patterns.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Swim competently, confidently and proficiently over a distance of at least 25m.</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations.</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Perform dances using a range of movement patterns.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Swim competently, confidently and proficiently over a distance of at least 25m.</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations.</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Perform dances using a range of movement patterns.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Swim competently, confidently and proficiently over a distance of at least 25m.</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations.</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
	<b><u>Knowledge (School Scheme of Work)</u></b>	<ul style="list-style-type: none"> <li>• Understand the need for control when throwing and catching and using equipment.</li> <li>• Understanding which tactics and movements are appropriate for different games.</li> <li>• Understand the term hand eye co-ordination.</li> <li>• Understand the rules for a variety of games.</li> <li>• Knowing that games need to be played fairly and for enjoyment.</li> <li>• Know how to lead others and be respectful within a team.</li> <li>• Understands how to plan, perform and repeat sequences, with a clear beginning, middle and end.</li> <li>• Understands that movements can be combined.</li> <li>• Knows how to convey an idea through dance through dynamics, relationships and space.</li> <li>• Knows that changing the speed and levels of a performance will impact on the outcome.</li> <li>• Understands the need for physical strength and suppleness.</li> <li>• Knows the terms and can attempt: y balance and t balance and apply in sequences.</li> <li>• Knows the terms and can attempt: forward rolls and backwards rolls, diving and forward and backwards rolls, and can demonstrate in a controlled manner.</li> <li>• Knows how to perform different balances, movements and shapes on a variety of equipment and on the floor.</li> <li>• Knows how to climb, traverse and perform 3 points hold on equipment and can explain how to be safe.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the need for control when throwing and catching and using equipment.</li> <li>• Understanding which tactics and movements are appropriate for different games.</li> <li>• Understand the term hand eye co-ordination.</li> <li>• Understand the rules for a variety of games.</li> <li>• Knowing that games need to be played fairly and for enjoyment.</li> <li>• Know how to lead others and be respectful within a team.</li> <li>• Understands how to plan, perform and repeat sequences, with a clear beginning, middle and end.</li> <li>• Understands that movements can be combined.</li> <li>• Knows how to convey an idea through dance through dynamics, relationships and space.</li> <li>• Knows that changing the speed and levels of a performance will impact on the outcome.</li> <li>• Understands the need for physical strength and suppleness.</li> <li>• Knows the terms and can attempt: y balance and t balance and apply in sequences.</li> <li>• Knows the terms and can attempt: forward rolls and backwards rolls, diving and forward and backwards rolls, and can demonstrate in a controlled manner.</li> <li>• Knows how to perform different balances, movements and shapes on a variety of equipment and on the floor.</li> <li>• Knows how to climb, traverse and perform 3 points hold on equipment and can explain how to be safe.</li> <li>• Knows how to climb, traverse and perform 3 points hold on</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the need for control when throwing and catching and using equipment.</li> <li>• Understanding which tactics and movements are appropriate for different games.</li> <li>• Understand the term hand eye co-ordination.</li> <li>• Understand the rules for a variety of games.</li> <li>• Knowing that games need to be played fairly and for enjoyment.</li> <li>• Know how to lead others and be respectful within a team.</li> <li>• Understands how to plan, perform and repeat sequences, with a clear beginning, middle and end.</li> <li>• Understands that movements can be combined.</li> <li>• Knows how to convey an idea through dance through dynamics, relationships and space.</li> <li>• Knows that changing the speed and levels of a performance will impact on the outcome.</li> <li>• Understands the need for physical strength and suppleness.</li> <li>• Knows the terms and can attempt: y balance and t balance and apply in sequences.</li> <li>• Knows the terms and can attempt: forward rolls and backwards rolls, diving and forward and backwards rolls, and can demonstrate in a controlled manner.</li> <li>• Knows how to perform different balances, movements and shapes on a variety of equipment and on the floor.</li> <li>• Knows how to climb, traverse and perform 3 points hold on equipment and can explain how to be safe.</li> <li>• Knows that their skills can be developed through strength,</li> </ul>		

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<b>Vocabulary</b>		<p><b>Athletics</b> – speed, power, strength, accuracy, higher, pace, control, faster, further, power, stamina, officiate, perseverance, determination, accuracy, personal best</p> <p><b>Ball Skills</b> – track, receive, chest, shoulder, overhead, accurate, release, select, control, consistently, technique, perseverance</p> <p><b>Dance</b> – flow, explore, create, perform, match, feedback, expression, reaction, unison, represent, dynamics, control</p> <p><b>Fitness</b> – strength, accurately, distance, balance, control, technique, co-ordination, healthy, progress, muscle, stamina</p> <p><b>Fundamentals</b> – distance, technique, control, tension, co-ordination, rhythm, momentum, decelerate, transfer, accelerate, pace, stability</p> <p><b>Gymnastics</b> – flow, explore, create, matching, interesting, control, contrasting, quality, perform, inverted, technique, apparatus, extension</p> <p><b>Invasion Games</b> – receiver, footwork, rebound, tracking, interception, mark, travelling, playing area, outwit, opposition, opponent, contact, pivot, court, field, pitch</p> <p><b>Net and Wall Games</b> – serve, accurately, track, racket, control, rally, opponent, receiver, backhand, outwit, court, forehand</p> <p><b>Outdoor Adventurous Activity</b> – rules, route, trust, navigate, grid, discuss, plan, leader, effectively, symbol, inclusive, orientate</p> <p><b>Striking and Fielding Games</b> – strike, grip, rounder, backstop, bowl, post, wicket, batting, wicket keeper, fielding, stance, retrieve, opposition, stumped, twohanded pickup, technique, short barrier</p> <p><b>Swimming</b> – sculling, crawl, breaststroke, submersion, rotation, backstroke, stroke, huddle, alternate, survival, treading water, buoyancy</p> <p><b>Target Games</b> – rules, dodge, drive, receiver, putt, court/course, block, chipping, opponent, swing, communicate, protect, align</p> <p><b>Yoga</b> – strength, try, link, perform, flexibility, perform, technique, relax, stable, control, grounded, mindful, down dog</p>		
<b>Skills</b>	<b><u>Dance</u></b>	<ul style="list-style-type: none"> <li>• Copy, remember and adapt set choreography.</li> <li>• Choreograph considering structure individually, with a partner and in a group.</li> <li>• Use action and reaction to represent an idea.</li> <li>• Change dynamics to express changes in character or narrative.</li> <li>• Use counts when choreographing short phrases.</li> </ul>		
	<b><u>Fundamental Movement Skills</u></b>	<ul style="list-style-type: none"> <li>• Demonstrate how and when to speed up and slow down when running.</li> <li>• Link hopping and jumping actions with some control.</li> <li>• Jump for distance and height showing balance and control.</li> <li>• Throw with some accuracy and power towards a target area.</li> <li>• Demonstrate good balance when performing other fundamental skills.</li> <li>• Show balance when changing direction at speed in combination with other skills.</li> <li>• Begin to co-ordinate their body at speed in response to a task.</li> </ul>		
	<b><u>Games</u></b>	<ul style="list-style-type: none"> <li>• Link dribbling the ball with other actions with increasing control.</li> <li>• Change direction when dribbling with feet with some control in game situations.</li> <li>• Use a variety of throwing techniques with increasing success in game situations.</li> <li>• Kick with increasing success in game situations.</li> <li>• Catch a ball passed to them using one and two hands with increasing success.</li> <li>• Receive a ball using different parts of the foot under pressure.</li> <li>• Strike a ball using varying techniques with increasing accuracy.</li> <li>• Change direction to lose an opponent with some success.</li> <li>• Create and use space with some success in game situations.</li> <li>• Use simple tactics to help their team score or gain possession.</li> </ul>		
	<b><u>Body Management</u></b>	<ul style="list-style-type: none"> <li>• Use body tension to perform balances both individually and with a partner.</li> <li>• Demonstrate increasing strength, control and technique when taking own and others weight.</li> <li>• Demonstrate increased flexibility and extension in more challenging actions.</li> <li>• Plan and perform sequences showing control and technique with and without a partner.</li> </ul>		
	<b><u>Outdoor Adventurous Activity</u></b>	<ul style="list-style-type: none"> <li>• Accurately follow instructions given by a peer and give clear and usable instructions to a peer.</li> <li>• Confidently communicate ideas and listen to others before deciding on the best approach.</li> <li>• Plan and apply strategies to solve problems.</li> <li>• Identify key symbols on a map and use a key to help navigate around a grid.</li> <li>• Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.</li> </ul>		
	<b><u>Swimming</u></b>	<ul style="list-style-type: none"> <li>• Confidently and consistently retrieve an object from the floor with the same breath.</li> <li>• Begin to co-ordinate breath in time with basic strokes showing some consistency in timing.</li> <li>• Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes.</li> <li>• Combine gliding and floating on front and back over an increased distance.</li> <li>• Float on front and back using different shapes with increased control.</li> </ul>		

		<ul style="list-style-type: none"> <li>• Comfortably demonstrate sculling head first, feet first and treading water.</li> </ul>			
	<b>Social Skills</b>	<ul style="list-style-type: none"> <li>• Encourage and motivate others to work to their personal best.</li> <li>• Work with others to achieve a shared goal.</li> <li>• Work with others to self-manage games.</li> </ul>			
	<b>Emotional skills</b>	<ul style="list-style-type: none"> <li>• Persevere when finding a challenge difficult.</li> <li>• Understand what their best looks like and they work hard to achieve it.</li> <li>• Begin to use rules showing awareness of fairness and honesty.</li> <li>• Show an awareness of how other people feel.</li> </ul>			
	<b>Thinking Skills</b>	<ul style="list-style-type: none"> <li>• Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move.</li> <li>• Select and apply from a wider range of skills and actions in response to a task.</li> <li>• Provide feedback using key terminology.</li> </ul>			
<b>Suggested Activities</b>		<table border="0"> <tr> <td data-bbox="564 408 1102 1485"> <p><b>Basketball</b> <a href="#">H1 A2 A3 R1 R3</a></p> <ul style="list-style-type: none"> <li>• To develop the attacking skill of dribbling.</li> <li>• To be able to use protective dribbling against an opponent. <a href="#">E4 C1 C3</a></li> <li>• To develop the bounce and chest pass and begin to recognise when to use them. <a href="#">R2</a></li> <li>• To be able to perform a jump stop and pivot.</li> <li>• To be able to lose a defender. <a href="#">E4 C1 C3 R2</a></li> <li>• To develop tracking and defending an opponent. <a href="#">E4 C1 C3</a></li> <li>• To develop the technique for the set shot.</li> <li>• To be able to apply the skills, rules and tactics you have learnt to a mini tournament. <a href="#">E4 C1 C3 R2</a></li> </ul> <p><b>Dance 1</b> <a href="#">H1 E1 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To create actions in response to a stimulus and move in unison with a partner. <a href="#">E3 E4 C1 C3</a></li> <li>• To create actions to move in contact with a partner or interact with a partner. <a href="#">E3 E4 C1 C3</a></li> <li>• To understand how dynamics affect the actions performed. <a href="#">R1</a></li> <li>• To be able to select and use actions to represent an idea.</li> <li>• To work with a partner to choose actions that relate to an idea. <a href="#">E3 E4 C1 C3</a></li> <li>• To remember and repeat actions. <a href="#">R1</a></li> <li>• To use dynamics to clearly show different phrases. <a href="#">R1</a></li> <li>• To choose actions which relate to the idea. <a href="#">R1</a></li> <li>• To use space and timing to make my work look interesting. <a href="#">R1</a></li> <li>• To understand and use formations. <a href="#">R1</a></li> <li>• To choose poses which relate to the stimulus. <a href="#">R1</a></li> </ul> <p>To use transitions and changes of timing to move into and out of shapes. <a href="#">R1</a></p> <p><b>OAA (Outdoor Adventurous Activities)</b> <a href="#">C1 C3 C4 H5 E1 E4 R4</a></p> <ul style="list-style-type: none"> <li>• To develop cooperation and teamwork skills.</li> <li>• To develop communication skills and work effectively with a partner.</li> <li>• To develop trust and team work.</li> <li>• To be able to follow and give instructions.</li> <li>• To work effectively in small groups.</li> <li>• To develop planning and problem solving skills. <a href="#">R2</a></li> <li>• To involve all team members in an activity and work towards a collective goal.</li> <li>• To develop trust and accept support.</li> <li>• To be able to listen to others and follow instructions.</li> <li>• To be able to identify objects on a map. (<a href="#">link to maths</a>) <a href="#">C2</a></li> <li>• To be able to draw and follow a simple map. <a href="#">A2</a></li> <li>• To draw a route using directions. (<a href="#">link to maths</a>)</li> <li>• To be able to orientate a map and navigate around a grid.</li> </ul> </td> <td data-bbox="1102 408 1639 1485"> <p><b>Fitness</b> <a href="#">H1 H5 R1 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To develop an awareness of what your body is capable of.</li> <li>• To test and record baseline fitness scores.</li> <li>• To develop your sprinting technique.</li> <li>• To develop your speed.</li> <li>• To develop strength using my own body weight.</li> <li>• To complete actions to develop co-ordination.</li> <li>• To complete actions to develop agility.</li> <li>• To complete actions to develop balance.</li> <li>• To complete actions to develop stamina.</li> <li>• To re-test fitness scores and recognise improvement.</li> </ul> <p><b>Dance 2</b> <a href="#">H1 E1 A2 A3 R1, R3</a></p> <ul style="list-style-type: none"> <li>• To copy and create actions in response to an idea.</li> <li>• To use changes of space to adapt the set material.</li> <li>• To choose actions which relate to the theme.</li> <li>• To work with a partner to show action and reaction.</li> <li>• To use actions, dynamics, spacing and timing to represent a state of matter.</li> <li>• To use actions, dynamics, spacing and timing to represent a state of matter.</li> <li>• To remember and repeat actions and create dance ideas in response to a stimulus.</li> <li>• To use action and reaction when creating ideas with a partner.</li> <li>• To remember, repeat and create actions to represent an idea.</li> <li>• To use choreographing ideas to change how actions are performed.</li> </ul> <p><b>Tag Rugby</b> <a href="#">H1</a></p> <ul style="list-style-type: none"> <li>• To develop ball handling skills demonstrating increasing control and accuracy. <a href="#">R1 A2 A3</a></li> <li>• To develop throwing, catching and running with the ball. <a href="#">E4 C1 C3 R3 H5</a></li> <li>• To develop an understanding of tagging rules.</li> <li>• To begin to use the 'forward pass' and 'off side' rule.</li> <li>• To be able to support a teammate when attacking. <a href="#">E4 C1 C3</a></li> <li>• To be able to dodge a defender and move into space when running towards the goal. <a href="#">R2</a></li> <li>• To develop defending skills and use them in a game situation. <a href="#">R3 R4</a></li> <li>• To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament. <a href="#">E1 E3 E4 C1 C3 H5 R2</a></li> </ul> <p><b>Hockey</b> <a href="#">R1 R3 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To develop open stick dribbling.</li> <li>• To develop sending the ball with a push pass. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop receiving the ball. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop dribbling using the reverse stick (Indian dribble).</li> <li>• To develop dribbling to beat a defender. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop moving into space after passing the ball.</li> </ul> </td> <td data-bbox="1639 408 2190 1485"> <p><b>Tennis 1</b> <a href="#">H1 A2 A3 R1 R3 E4 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To be able to use the ready position.</li> <li>• To develop ball control and movement skills.</li> <li>• To develop racket and ball control.</li> <li>• To develop returning the ball using a forehand groundstroke.</li> <li>• To be able to rally using a forehand.</li> <li>• To develop the two handed backhand.</li> <li>• To learn how to score.</li> <li>• To develop playing against an opponent.</li> <li>• To work collaboratively with a partner and compete against others.</li> </ul> <p><b>Tennis 2</b> <a href="#">H1 A2 A3 R1 R3 E4 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To develop underarm feeding.</li> <li>• To use the ready position.</li> <li>• To develop ball control using a tennis racket.</li> <li>• To develop hitting the ball using a forehand.</li> <li>• To develop returning the ball using a forehand.</li> <li>• To develop the backhand and understand when to use it.</li> <li>• To work cooperatively with a partner to keep a continuous rally going.</li> <li>• To use simple tactics in a game to outwit an opponent.</li> <li>• To demonstrate honesty and fair play when competing against others.</li> </ul> <p><b>Swimming</b> <a href="#">H1</a></p> <ul style="list-style-type: none"> <li>• To develop an understanding of buoyancy and balance in the water. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop independent movement and submersion. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop gliding and crawl legs. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop front crawl breathing. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop gliding and backstroke. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop rotation, sculling and treading water. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop surface dives, submersion and handstands. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop head above water breaststroke technique. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop head above water breaststroke technique. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop basic skills in water safety and floating. <a href="#">E1 E3 R1 R2 R3 R4 C3 A2 A3</a></li> </ul> <p>To learn techniques for personal survival. <a href="#">E1 E3 R1 R2 R3 R4 C3 A2 A3</a></p> <p><b>Rounders</b> <a href="#">R1 R3 A2 A3 E4 H5 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To develop throwing and catching skills.</li> </ul> </td> </tr> </table>	<p><b>Basketball</b> <a href="#">H1 A2 A3 R1 R3</a></p> <ul style="list-style-type: none"> <li>• To develop the attacking skill of dribbling.</li> <li>• To be able to use protective dribbling against an opponent. <a href="#">E4 C1 C3</a></li> <li>• To develop the bounce and chest pass and begin to recognise when to use them. <a href="#">R2</a></li> <li>• To be able to perform a jump 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involve all team members in an activity and work towards a collective goal.</li> <li>• To develop trust and accept support.</li> <li>• To be able to listen to others and follow instructions.</li> <li>• To be able to identify objects on a map. 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(<a href="#">link to maths</a>)</li> <li>• To be able to orientate a map and navigate around a grid.</li> </ul>	<p><b>Fitness</b> <a href="#">H1 H5 R1 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To develop an awareness of what your body is capable of.</li> <li>• To test and record baseline fitness scores.</li> <li>• To develop your sprinting technique.</li> <li>• To develop your speed.</li> <li>• To develop strength using my own body weight.</li> <li>• To complete actions to develop co-ordination.</li> <li>• To complete actions to develop agility.</li> <li>• To complete actions to develop balance.</li> <li>• To complete actions to develop stamina.</li> <li>• To re-test fitness scores and recognise improvement.</li> </ul> <p><b>Dance 2</b> <a href="#">H1 E1 A2 A3 R1, R3</a></p> <ul style="list-style-type: none"> <li>• To copy and create actions in response to an idea.</li> <li>• To use changes of space to adapt the set material.</li> <li>• To choose actions which relate to the theme.</li> <li>• To work with a partner to show action and reaction.</li> <li>• To use actions, dynamics, spacing and timing to represent a state of matter.</li> <li>• To use actions, dynamics, spacing and timing to represent a state of matter.</li> <li>• To remember and repeat actions and create dance ideas in response to a stimulus.</li> <li>• To use action and reaction when creating ideas with a partner.</li> <li>• To remember, repeat and create actions to represent an idea.</li> <li>• To use choreographing ideas to change how actions are performed.</li> </ul> <p><b>Tag Rugby</b> <a href="#">H1</a></p> <ul style="list-style-type: none"> <li>• To develop ball handling skills demonstrating increasing control and accuracy. <a href="#">R1 A2 A3</a></li> <li>• To develop throwing, catching and running with the ball. <a href="#">E4 C1 C3 R3 H5</a></li> <li>• To develop an understanding of tagging rules.</li> <li>• To begin to use the 'forward pass' and 'off side' rule.</li> <li>• To be able to support a teammate when attacking. <a href="#">E4 C1 C3</a></li> <li>• To be able to dodge a defender and move into space when running towards the goal. <a href="#">R2</a></li> <li>• To develop defending skills and use them in a game situation. <a href="#">R3 R4</a></li> <li>• To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament. <a href="#">E1 E3 E4 C1 C3 H5 R2</a></li> </ul> <p><b>Hockey</b> <a href="#">R1 R3 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To develop open stick dribbling.</li> <li>• To develop sending the ball with a push pass. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop receiving the ball. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop dribbling using the reverse stick (Indian dribble).</li> <li>• To develop dribbling to beat a defender. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop moving into space after passing the ball.</li> </ul>	<p><b>Tennis 1</b> <a href="#">H1 A2 A3 R1 R3 E4 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To be able to use the ready position.</li> <li>• To develop ball control and movement skills.</li> <li>• To develop racket and ball control.</li> <li>• To develop returning the ball using a forehand groundstroke.</li> <li>• To be able to rally using a forehand.</li> <li>• To develop the two handed backhand.</li> <li>• To learn how to score.</li> <li>• To develop playing against an opponent.</li> <li>• To work collaboratively with a partner and compete against others.</li> </ul> <p><b>Tennis 2</b> <a href="#">H1 A2 A3 R1 R3 E4 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To develop underarm feeding.</li> <li>• To use the ready position.</li> <li>• To develop ball control using a tennis racket.</li> <li>• To develop hitting the ball using a forehand.</li> <li>• To develop returning the ball using a forehand.</li> <li>• To develop the backhand and understand when to use it.</li> <li>• To work cooperatively with a partner to keep a continuous rally going.</li> <li>• To use simple tactics in a game to outwit an opponent.</li> <li>• To demonstrate honesty and fair play when competing against others.</li> </ul> <p><b>Swimming</b> <a href="#">H1</a></p> <ul style="list-style-type: none"> <li>• To develop an understanding of buoyancy and balance in the water. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop independent movement and submersion. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop gliding and crawl legs. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop front crawl breathing. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop gliding and backstroke. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop rotation, sculling and treading water. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop surface dives, submersion and handstands. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop head above water breaststroke technique. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop head above water breaststroke technique. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop basic skills in water safety and floating. <a href="#">E1 E3 R1 R2 R3 R4 C3 A2 A3</a></li> </ul> <p>To learn techniques for personal survival. <a href="#">E1 E3 R1 R2 R3 R4 C3 A2 A3</a></p> <p><b>Rounders</b> <a href="#">R1 R3 A2 A3 E4 H5 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To develop throwing and catching skills.</li> </ul>
<p><b>Basketball</b> <a href="#">H1 A2 A3 R1 R3</a></p> <ul style="list-style-type: none"> <li>• To develop the attacking skill of dribbling.</li> <li>• To be able to use protective dribbling against an opponent. <a href="#">E4 C1 C3</a></li> <li>• To develop the bounce and chest pass and begin to recognise when to use them. <a href="#">R2</a></li> <li>• To be able to perform a jump stop and pivot.</li> <li>• To be able to lose a defender. <a href="#">E4 C1 C3 R2</a></li> <li>• To develop tracking and defending an opponent. <a href="#">E4 C1 C3</a></li> <li>• To develop the technique for the set shot.</li> <li>• To be able to apply the skills, rules and tactics you have learnt to a mini tournament. <a href="#">E4 C1 C3 R2</a></li> </ul> <p><b>Dance 1</b> <a href="#">H1 E1 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To create actions in response to a stimulus and move in unison with a partner. <a href="#">E3 E4 C1 C3</a></li> <li>• To create actions to move in contact with a partner or interact with a partner. <a href="#">E3 E4 C1 C3</a></li> <li>• To understand how dynamics affect the actions performed. <a href="#">R1</a></li> <li>• To be able to select and use actions to represent an idea.</li> <li>• To work with a partner to choose actions that relate to an idea. <a href="#">E3 E4 C1 C3</a></li> <li>• To remember and repeat actions. <a href="#">R1</a></li> <li>• To use dynamics to clearly show different phrases. <a href="#">R1</a></li> <li>• To choose actions which relate to the idea. <a href="#">R1</a></li> <li>• To use space and timing to make my work look interesting. <a href="#">R1</a></li> <li>• To understand and use formations. <a href="#">R1</a></li> <li>• To choose poses which relate to the stimulus. <a href="#">R1</a></li> </ul> <p>To use transitions and changes of timing to move into and out of shapes. <a href="#">R1</a></p> <p><b>OAA (Outdoor Adventurous Activities)</b> <a href="#">C1 C3 C4 H5 E1 E4 R4</a></p> <ul style="list-style-type: none"> <li>• To develop cooperation and teamwork skills.</li> <li>• To develop communication skills and work effectively with a partner.</li> <li>• To develop trust and team work.</li> <li>• To be able to follow and give instructions.</li> <li>• To work effectively in small groups.</li> <li>• To develop planning and problem solving skills. <a href="#">R2</a></li> <li>• To involve all team members in an activity and work towards a collective goal.</li> <li>• To develop trust and accept support.</li> <li>• To be able to listen to others and follow instructions.</li> <li>• To be able to identify objects on a map. (<a href="#">link to maths</a>) <a href="#">C2</a></li> <li>• To be able to draw and follow a simple map. <a href="#">A2</a></li> <li>• To draw a route using directions. (<a href="#">link to maths</a>)</li> <li>• To be able to orientate a map and navigate around a grid.</li> </ul>	<p><b>Fitness</b> <a href="#">H1 H5 R1 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To develop an awareness of what your body is capable of.</li> <li>• To test and record baseline fitness scores.</li> <li>• To develop your sprinting technique.</li> <li>• To develop your speed.</li> <li>• To develop strength using my own body weight.</li> <li>• To complete actions to develop co-ordination.</li> <li>• To complete actions to develop agility.</li> <li>• To complete actions to develop balance.</li> <li>• To complete actions to develop stamina.</li> <li>• To re-test fitness scores and recognise improvement.</li> </ul> <p><b>Dance 2</b> <a href="#">H1 E1 A2 A3 R1, R3</a></p> <ul style="list-style-type: none"> <li>• To copy and create actions in response to an idea.</li> <li>• To use changes of space to adapt the set material.</li> <li>• To choose actions which relate to the theme.</li> <li>• To work with a partner to show action and reaction.</li> <li>• To use actions, dynamics, spacing and timing to represent a state of matter.</li> <li>• To use actions, dynamics, spacing and timing to represent a state of matter.</li> <li>• To remember and repeat actions and create dance ideas in response to a stimulus.</li> <li>• To use action and reaction when creating ideas with a partner.</li> <li>• To remember, repeat and create actions to represent an idea.</li> <li>• To use choreographing ideas to change how actions are performed.</li> </ul> <p><b>Tag Rugby</b> <a href="#">H1</a></p> <ul style="list-style-type: none"> <li>• To develop ball handling skills demonstrating increasing control and accuracy. <a href="#">R1 A2 A3</a></li> <li>• To develop throwing, catching and running with the ball. <a href="#">E4 C1 C3 R3 H5</a></li> <li>• To develop an understanding of tagging rules.</li> <li>• To begin to use the 'forward pass' and 'off side' rule.</li> <li>• To be able to support a teammate when attacking. <a href="#">E4 C1 C3</a></li> <li>• To be able to dodge a defender and move into space when running towards the goal. <a href="#">R2</a></li> <li>• To develop defending skills and use them in a game situation. <a href="#">R3 R4</a></li> <li>• To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament. <a href="#">E1 E3 E4 C1 C3 H5 R2</a></li> </ul> <p><b>Hockey</b> <a href="#">R1 R3 A2 A3</a></p> <ul style="list-style-type: none"> <li>• To develop open stick dribbling.</li> <li>• To develop sending the ball with a push pass. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop receiving the ball. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop dribbling using the reverse stick (Indian dribble).</li> <li>• To develop dribbling to beat a defender. <a href="#">E3 E4 C1 C3</a></li> <li>• To develop moving into space after passing the ball.</li> </ul>	<p><b>Tennis 1</b> <a href="#">H1 A2 A3 R1 R3 E4 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To be able to use the ready position.</li> <li>• To develop ball control and movement skills.</li> <li>• To develop racket and ball control.</li> <li>• To develop returning the ball using a forehand groundstroke.</li> <li>• To be able to rally using a forehand.</li> <li>• To develop the two handed backhand.</li> <li>• To learn how to score.</li> <li>• To develop playing against an opponent.</li> <li>• To work collaboratively with a partner and compete against others.</li> </ul> <p><b>Tennis 2</b> <a href="#">H1 A2 A3 R1 R3 E4 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To develop underarm feeding.</li> <li>• To use the ready position.</li> <li>• To develop ball control using a tennis racket.</li> <li>• To develop hitting the ball using a forehand.</li> <li>• To develop returning the ball using a forehand.</li> <li>• To develop the backhand and understand when to use it.</li> <li>• To work cooperatively with a partner to keep a continuous rally going.</li> <li>• To use simple tactics in a game to outwit an opponent.</li> <li>• To demonstrate honesty and fair play when competing against others.</li> </ul> <p><b>Swimming</b> <a href="#">H1</a></p> <ul style="list-style-type: none"> <li>• To develop an understanding of buoyancy and balance in the water. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop independent movement and submersion. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop gliding and crawl legs. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop front crawl breathing. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop gliding and backstroke. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop rotation, sculling and treading water. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop surface dives, submersion and handstands. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop head above water breaststroke technique. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop head above water breaststroke technique. <a href="#">E1 E3 R1 R3 R4 C3 A2 A3</a></li> <li>• To develop basic skills in water safety and floating. <a href="#">E1 E3 R1 R2 R3 R4 C3 A2 A3</a></li> </ul> <p>To learn techniques for personal survival. <a href="#">E1 E3 R1 R2 R3 R4 C3 A2 A3</a></p> <p><b>Rounders</b> <a href="#">R1 R3 A2 A3 E4 H5 C1 C3</a></p> <ul style="list-style-type: none"> <li>• To develop throwing and catching skills.</li> </ul>			

		<p>(link to maths)</p> <p><b>Dodgeball H1</b></p> <ul style="list-style-type: none"> <li>To learn the rules of dodgeball.</li> <li>To be able to play in a mini dodgeball game.</li> <li>To develop throwing towards a target. R1 R3 A2 A3</li> <li>To develop throwing at a moving target. R1 R3 A2 A3</li> <li>To use jumps, dodges and ducks to avoid being hit. R1 R3 A2 A3</li> <li>To develop catching a dodgeball at different heights. E4 C1 C3 R3 R4 H5</li> <li>To use your whole body to catch a dodgeball. R1 R3 A2 A3</li> <li>To learn how to block using the ball. R1 R3 A2 A3</li> <li>To understand the rules of dodgeball and use them to play in a tournament. E1 E3 E4 C1 C3 H5 R2</li> </ul>	<ul style="list-style-type: none"> <li>To be able to use an open stick tackle.</li> <li>To apply defending and attacking principles and skills in a hockey tournament. E1 E3 E4 C1 C3 H5 R2</li> </ul>	<ul style="list-style-type: none"> <li>To play different roles in a game and begin to think tactically about each role.</li> <li>To develop the bowling action and learn the rules of bowling.</li> <li>To run around the outside of the bases and make decisions about when to stop and when to run. R2</li> <li>To field a ball using a two handed pick up and a short barrier.</li> <li>To develop batting technique and an understanding of where to hit the ball. R2</li> <li>To play to the rules when batting as a team.</li> <li>To apply skills and rules learnt to play rounders. E1 E3 E4 C1 C3 H5 R2</li> </ul>
<p><b>Knowledge Outcome</b></p>		<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>I can dribble, pass, receive and shoot the ball with increasing control.</li> <li>I can move to space to help my team to keep possession and score goals.</li> <li>I can delay an opponent and help to prevent the other team from scoring.</li> <li>I can explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>I share ideas and work with others to manage our game.</li> <li>I can provide feedback using key terminology and understand what I need to do to improve.</li> <li>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</li> <li>I can use simple tactics to help my team score or gain possession.</li> </ul> <p><b>OAA (Outdoor Adventurous Activities)</b></p> <ul style="list-style-type: none"> <li>I can accurately follow and give instructions.</li> <li>I can confidently communicate my ideas and listen to others.</li> <li>I can plan and apply strategies to solve problems.</li> <li>I can reflect on when and why I was successful at solving challenges.</li> <li>I can work collaboratively and effectively with a partner and a small group.</li> <li>I can identify key symbols on a map and use a key to help navigate around a grid.</li> </ul> <p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</li> <li>I can communicate with my teammates to apply simple tactics.</li> <li>I can explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>I can provide feedback using key terminology and understand what I need to do to improve.</li> <li>I can catch with increasing consistency.</li> <li>I can throw with some accuracy at a target.</li> <li>I share ideas and work with others to manage our game.</li> <li>I can return to the ready position to defend myself.</li> </ul> <p><b>Dance 1</b></p> <ul style="list-style-type: none"> <li>I can use dynamic and expressive qualities in relation to an idea.</li> <li>I create short dance phrases that communicate the idea.</li> <li>I am respectful of others when watching them perform.</li> <li>I can repeat, remember and perform a dance phrase.</li> </ul>	<p><b>Fitness</b></p> <ul style="list-style-type: none"> <li>I show balance when changing direction at speed.</li> <li>I can use key points to help me to improve my sprinting technique.</li> <li>I show control when completing activities to improve balance.</li> <li>I can explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>I understand there are different areas of fitness and that each area challenges my body differently.</li> <li>I can collect and record personal fitness data and identify areas I need to improve.</li> <li>I share ideas and work with others to manage activities.</li> <li>I show determination to continue working at over a period of time</li> </ul> <p><b>Dance 2</b></p> <ul style="list-style-type: none"> <li>I can use changes in timing and spacing to develop a dance.</li> <li>I can choose actions and dynamics to convey a character or idea.</li> <li>I can respond imaginatively to a range of stimuli relating to character and narrative.</li> <li>I can copy and remember set choreography.</li> <li>I show respect for others when working as a group and watching others perform.</li> <li>I can explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>I can provide feedback using appropriate language relating to the lesson.</li> <li>I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.</li> <li>I can use counts to keep in time with others and the music.</li> </ul> <p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>I can pass and receive the ball with increasing control.</li> <li>I can help my team keep possession and score tries when I play in attack.</li> <li>I can delay an opponent and help prevent the other team from scoring.</li> <li>I can explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>I share ideas and work with others to manage our game.</li> <li>I can provide feedback using key terminology and understand what I need to do to improve.</li> <li>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</li> </ul>	<p><b>Tennis 1</b></p> <ul style="list-style-type: none"> <li>I can return a ball to a partner.</li> <li>I am learning the rules of the game and I am beginning to use them to play honestly.</li> <li>I understand the benefits of exercise.</li> <li>I can provide feedback using key words.</li> <li>I work cooperatively with my group to self-manage games.</li> <li>I can use basic racket skills.</li> <li>I understand the aim of the game.</li> </ul> <p><b>Tennis 2</b></p> <ul style="list-style-type: none"> <li>I can sometimes play a continuous game.</li> <li>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</li> <li>I can communicate with my teammates to apply simple tactics.</li> <li>I can explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>I can provide feedback using key terminology and understand what I need to do to improve.</li> <li>I share ideas and work with others to manage our game.</li> <li>I can use a range of basic racket skills.</li> <li>I can return to the ready position to defend my own court</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>I can swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>I can perform safe self-rescue in different water-based situations</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>I can able to bowl a ball with some accuracy, and consistency.</li> <li>I can strike a bowled ball with adapted equipment (e.g. a tennis racket).</li> <li>I can use overarm and underarm throwing and catching skills with increasing accuracy.</li> <li>I know learning the rules of the game and I am beginning to use them to play honestly and fairly.</li> <li>I can communicate with my teammates to apply simple tactics.</li> <li>I can explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>I can provide feedback using key terminology and understand what I need to do to improve.</li> <li>I share ideas and work with others to manage our game.</li> </ul>

		<ul style="list-style-type: none"><li>• I understand the benefits of exercise.</li><li>• I can provide feedback using key words.</li><li>• I can work with a partner and in a small group, sharing ideas.</li><li>• I can use counts to keep in time with a partner and group.</li></ul>	<ul style="list-style-type: none"><li>• I can use simple tactics to help my team score or gain possession.</li></ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"><li>• I can dribble, pass, receive and shoot the ball with increasing control.</li><li>• I can move to space to help my team to keep possession and score goals.</li><li>• I can delay an opponent and help to prevent the other team from scoring.</li><li>• I can explain what happens to my body when I exercise and how this helps to make me</li><li>• healthy.</li><li>• I share ideas and work with others to manage our game.</li><li>• I can provide feedback using key terminology and understand what I need to do to improve.</li><li>• I am learning the rules of the game and I am beginning to use them to play honestly and</li><li>• fairly.</li><li>• I can use simple tactics to help my team score or gain possession.</li></ul>	
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